

TIP OF THE WEEK



Stay Healthy on Summer Vacation

Getting sick or injured can ruin a vacation. Consider your health and follow these tips:

Use sunscreen with UVA & UVB protection.

Prevent mosquito bites with insect repellent.

Take caution with food and water. In some countries, you should only consume bottled water. Check before leaving the country on food and water safety for travelers.

Make sure to follow local laws and customs. Research safety tips in the area you will be traveling to.

**LivingWell**
make it a priority

THE UNIVERSITY of TEXAS SYSTEM

Have fun and RELAX. It's good for you!